



**Orange County SportsPlex**  
 919.644.0339 - 101 Meadowlands Dr. Hillsborough, NC 27278



## Camp Weeks

*June 26 - 30*

*July 17 - 21*

*July 31 - August 4*



# SUMMER FIGURE SKATING CAMPS

<u>Four camp tracks:</u>	Time	Price
<b>Group A</b> Basic Skills 1- Basic 6 <b>Group B</b> Pre Freeskate- Freeskate 3 <b>Group C</b> Freeskate 4- No Test <b>Group D</b> Pre-Pre and up Ages 5 and up	8:00am – 5:00pm	\$500



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### Summer 2023 Figure Skating Camp Registration

Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_  
 Parent/Guardian: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone(home): \_\_\_\_\_ Phone(cell): \_\_\_\_\_  
 Email: \_\_\_\_\_

**Select Camp Week:** June 26-30 \_\_\_\_\_ July 17-21 \_\_\_\_\_ July 31-August 4 \_\_\_\_\_

**Select Group:** A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ D \_\_\_\_\_

# Camp Description

Whatever your figure skating aspirations are, our camp can help move you closer to your goal! We offer three one-week camps. On ice group classes and freestyle sessions are offered daily. Private lessons are also available on the Early Freestyle Sessions for an additional fee.

**Group A    Basic Skills 1-6**  
**Group B    Pre Freeskate-Freeskate 3**  
**Group C    Freeskate 4- No Test Free (single jumps)**  
**Group D    Pre-Pre Free and up (working on doubles)**

**Specialty classes offered in camp:**

Jumps, Spins, Artistry in Motion, Ice Dance, and Program Practice

Exhibition Fridays: Come out and see what the group and your skater learned in camp!

## Tentative Camp Schedule

Class times subject to change, but the number of class offered will remain the same

<u>Group A and B</u>	<u>Group C and D</u>
6:00-6:30 Freestyle Session*	6:00-6:30 Freestyle Session*
6:30-7:00 Freestyle Session*	6:30-7:00 Freestyle Session*
7:00-7:30 Freestyle Session*	7:00-7:30 Freestyle Session*
7:30-8:00 Check in	7:30-8:00 Check in
8:15-8:45 LTS Class	8:15-8:45 Jump class
8:45-9:15 Jumps and Spins Class	8:45-9:15 Spins class
9:15-9:45 Artistry/Ice Dance/MIF	9:15-9:45 Artistry/Ice Dance/MIF
9:45-10:15 Break (Snack)	9:45-10:15 Break (Snack)
10:15-11:00 Power	10:15-11:00 Power
11:15-12:00 Program Practice	11:15 -12:00 Program Practice
12:15-1:00 Lunch	12:15 -1:00 Lunch
1:00-1:45 Yoga for Skaters	1:00-1:45 Yoga for Skaters
2:00-3:00 Off-Ice Conditioning	2:00-3:00 Off-Ice Conditioning
3:15-4:45pm Swimming	3:15-4:45pm Swimming
5:00 Pick up	5:00 Pick up



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As a participant or guardian/parent of a participant, I knowingly and freely assume all risks, both known and unknown, and whether or not such risks are foreseeable, in connection with participation in the Program. Even if such risks arise from the negligence of the participant, releasees, as defined below, or others. Participant assumes the risk of injury or death and takes full responsibility for participation in the Program. I consider myself and/or my dependents adequately trained and with sufficient knowledge to participate in the activities offered by Recreation Factory Partners, LLC: dba Orange County Sportsplex ( hereinafter referred to as "The Sportsplex"). I hereby, on my own behalf and on the behalf of my dependents, release, discharge and hold harmless The Sportsplex, its employees and agents, for an and all injuries or losses sustained while participating in any of the activities or programs offered by The Sportsplex. I further agree that The Sportsplex shall not be responsible for any theft or loss of property while on the premises, including the parking lot. I further understand that The Sportsplex has the right to set the times and days that the facility and its activities will be available for member and public usage. The Sportsplex discourages any parent or guardian from dropping off children under the age of 13 without supervision of and adult over the age of 18, and does not assume responsibility of them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*No Refunds. If you have any questions please contact our Skating Director, Dia T McGaughey, at dmccgaughey@oc-sportsplex.com*